

1. Days Before your home visit

- Review the *Informed Consent Form Summary* sheet, the *Answers to Your Questions* booklet and the *Urine Collection Instructions*.
- Gather all medicines that you are currently taking to show to the Home Visit Agent. This includes prescription medicines, over the counter medications, and herbal/natural medicine and supplements.
- Do not cut your hair or clip your toenails. Please remove any toenail polish.

2. On the day of your home visit

- When you wake up in the morning, follow the *Urine Collection Instructions* to collect a urine sample using the collection cup provided in your packet.
- Do not eat or drink anything (except water) eight hours prior to your visit. If you are diabetic, you should remember to take your medicines and you should eat a light meal or snack, as needed.
- Take all of your regular medicines, except for medicines for asthma or breathing problems. If at all possible, do not take these breathing medicines (inhalers) before the visit -

- Rescue Medicines like:

- Albuterol ○ Proventil
- Maxair ○ Xopenex

- Controller medicines like:

- Advair ○ Symbicort
- Foradil ○ Serevent

- Wash your hair and do not use hair styling products before the visit.
- Wear loose-fitting clothes and a short-sleeved shirt.